

Title: Thou Art What Thee Eats

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Within these pages thou
wilt find the comparative
analysis of many things
we, humans, place in our
bodies in the name of
food. I will attempt to
provide for thee
information on what
constitutes "good" food
and what constitutes
"bad", and will display the
information by mentioning
each type from best to
worst, first in terms of
nutritional value and
second by taste.

A large chop of fine
meat, including mutton,
fowl, ham, or ribs, is by
far the most nourishing.
This does not include
other forms of beef,
however, for they are
usually served in smaller
portions. Pork and
sausage are also lower on
the proverbial "scale", for
they are not quite as
filling. In place of meat,
I would recommend
flounder, cheese, or
potatoes, for they are
also quite good for thee.

In some instances, trout,
fish and chips, and some
breads will pass for a
meal.

An egg and most any
other fruit and vegetable,
including: an apple, a
banana, a carrot, a
pumpkin, a bunch of
grapes, and various cakes,
will suffice in a pinch.
However, despite its
delectable taste and
extravagant price,

silverleaf meals have absolutely no value on this chart at all. the moral is, my friend, never pass up meats when thou hast the chance to dine upon them!

Obviously, not everything that tastes good is nourishing. At the top of this list, I must put down Silverleaf. The taste is absolutely exquisite! Short of that, I recommend roast mutton with a lovely Minoxian glaze sauce. Add a potato as a side course, with the whole meal preceeded by a few raw vegetables, and thou truly hast a wonderful feast! For a second course, I would suggest...